WHAT IS CLAIMED IS:

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- 1. A motor vehicle seat comprising:
- at least one runner comprising a fixed rail, a moving rail, and a locking device mounted to move between a rest position in which the locking device normally prevents the moving rail from moving relative to the fixed rail, and an actuating position in which said locking device enables the moving rail to move relative to the fixed rail;
- a seat proper connected to the moving rail of the runner;
 - a seat back mounted to pivot relative to the seat proper about a transverse pivot axis between an upstanding in-use position and a tilted-forwards position; and
 - a transmission device which connects the seat back to the locking device of the runner for moving the locking device into its actuating position when the seat back is placed in its tilted-forwards position;
- wherein the transmission device comprises firstly at least one cable that extends between a first end mounted on the locking device and a second end connected to a spring, and secondly a drive mechanism connected mechanically to the seat back so as to be moved when the seat back moves between the upstanding in-use position and the tilted-forwards position;

and wherein the spring connected to the cable is designed to co-operate with an abutment element of the drive mechanism so that, while the seat back is being brought from the upstanding position to the tilted-forwards position, said abutment element can move firstly over a first stroke during which the spring is in contact with said abutment element so as to enable the locking device to move towards the actuating position under the effect of the traction from the pre-tensioned spring, and then over a second stroke during which the abutment element continues over its stroke on its own, without

being in contact with the spring so as to enable the seat back to be tilted to the tilted-forwards position, the spring holding the locking device in the actuating position.

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- 2. A seat according to claim 1, having two runners, each of which is provided with a locking device, and the transmission device comprises two cables respectively mounted on the two locking devices of the two runners, and two springs respectively connected to the two cables, the two springs serving to co-operate with the two abutment elements respectively of the same drive mechanism.
- 3. A seat according to claim 2, in which the drive mechanism is mounted to pivot on a pivot pin fixed to the seat proper.
- 4. A seat according to claim 2, in which the drive
 20 mechanism is constrained to pivot with a pivot pin
 mounted to pivot on the seat proper.
- 5. A seat according to claim 3, in which the drive mechanism is connected mechanically to the seat back in order to enable the two abutment elements to pivot angularly over the first and second strokes, and the two springs are formed by spiral springs, each of which has a first end connected to the cable which is associated with it, and a second end fixed to said pivot pin.

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6. A seat according to claim 5, in which the drive mechanism is in the form of a plate which has two opposite faces on which of the two abutment elements are provided respectively, and the two springs are disposed against the two opposite faces respectively of said plate.

- 7. A seat according to claim 6, in which the seat proper includes a rigid seat proper structure having first and second longitudinal cheek plates mounted in fixed manner on the two runners respectively, and the pivot pin of the drive mechanism is mounted on the first longitudinal cheek plate.
- 8. A seat according to claim 7, in which the first and second longitudinal cheek plates are interconnected via a rear cross-member, and the cable which connects the drive mechanism to the second cheek plate has a transverse portion which extends parallel to and in the immediate vicinity of the cross-member of the seat proper structure.

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- 9. A transmission device for a vehicle seat according to claim 1, said transmission device comprising:
- a drive mechanism in the form of a plate on which a pivot pin is mounted, said plate having two opposite faces on which two abutment elements are mounted respectively; and
- two spiral springs, each of which has a first end serving to come into contact with the abutment element that is associated with it, and a second end fixed to said pivot pin.
- 10. A transmission device according to claim 9, in which the drive mechanism is mounted to pivot on the pivot pin.
- 30 11. A transmission device according to claim 9, in which the drive mechanism is constrained to rotate with the pivot pin.